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Check out this week's Fresh Solution,
Shrimp and Chorizo Pizza, on pages 6 and 7.

Feeling inspired? Pop into a local Save-On-Foods store to pick up the ingredients in one easy stop.

Edmonton metro



Oilers hit rough patch



metroSPORTS

Your essential daily news | WEEKEND, NOVEMBER 4-6, 2016

High 13°C/Low 4°C Like spring! But fall  

Yup, it sucks to be a pedestrian in Edmonton

Five reasons your sidewalk becomes a blocked walk **metroNEWS**



The cost of recycling

DEBT

Edmonton taxpayers on hook for sale of Greys' assets



Jeremy Simes
Metro | Edmonton

In the ongoing saga that is the city's involvement with Greys Paper Recycling, Edmonton taxpayers could be on the hook for the company's \$200,000 debt to the Canadian Revenue Agency.

On Thursday city administration tabled a report that will head to council next week, recommending the city suspend its request for proposals to find a new tenant to lease the Edmonton Waste Management Centre, formerly the home of Greys.

Greys had been trying to make saleable, 100 per cent recycled office paper through a revolutionary process that in-

cluded cotton, but went bankrupt in January.

The city has invested \$9.4 million into the company — money that was used to build the facility and buy equipment.

Since the bankruptcy it has looked to find another tenant to use the assets.

But the report tabled Thursday recommends council no longer pursue paper recycling and instead sell off paper making equipment owned by the city.

Rajan Ahluwalia, the former owner of the Greys Paper Recycling Facility, said about \$200,000 is still owed to the CRA.

City spokeswoman Janice Schroeder couldn't confirm that figure, adding the city intends to sell assets at market value.

She added the funds generated from asset sales will first go to the CRA.

Once that debt is paid, the remainder of sales will return to city revenue.

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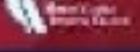
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‘We don’t want other parents to suffer this’

ANESTHESIA

Health Minister meets family of brain-damaged four-year-old

Alex Boyd
Metro | Edmonton

“We don’t want other parents to suffer what we are going through,” said Raman Athwal on Thursday.

Raman, the father of Amber Athwal — a four-year-old girl who suffered brain damage after an Edmonton dentist gave her anesthesia in September, resulting in dire complications — wants provincial rules changed so general anesthetic can only be administered in hospitals.

Health Minister Sarah Hoffman met Amber’s family Wednesday, at her bedside at the Glenrose Hospital, in what Raman said was a “very good” meeting.

Speaking afterward, Hoffman said she’s willing to discuss changing the rules, but the regulation of dentists is the jurisdiction of the Alberta Dental Association and College.

Dr. Randall Croutze, chief

We want them to continue praying, it might help.

Raman Athwal

executive officer of the dental association, released a statement earlier this week that said dentists would no longer be allowed to administer anesthesia and work on the teeth of the same patient, as Amber’s dentist was doing.

He also said a review of sedation practices that started last year is still underway.

Raman said Hoffman brought Amber flowers and stayed about 40 minutes to discuss the family’s concerns.

He said the family worries about what will happen in the future and that Hoffman assured them they’d have the supports they need.

Raman also said the family asked Hoffman to look into what went wrong on Sept. 7, the day he took his oldest daughter to the dentist.

At some point oxygen stopped flowing to her brain and she was rushed to hospital, where she’s been ever since.

Two months later, Raman said, Amber is recovering, but slowly.

“She is opening her eyes and she listens to voices, but she can’t react,” he said.

Both Raman and his wife, Arsh, have left their jobs to spend long days at Amber’s bedside.

He also said their younger daughter, two-year-old Ana-



Amber Athwal, 4, shown before she suffered brain damage after getting anesthetic from a dentist’s office. SUPPLIED

hat, is struggling, unable to understand why her sister won’t play with her.

The family has felt touched by the number of people who have reached out with mes-

ges of support, from all backgrounds and parts of the country, he said.

“We want them to continue praying, and it might help in Amber’s recovery.”

EMPLOYMENT TRENDS

Bakers expected to be in hot demand

Josie Lukey
For Metro | Calgary

JOB WATCH

A few more occupations expected to be short...

- Managers in art, culture, recreation and sport: **5**
- Mechanical, electrical and electronics assemblers: **7**
- Estheticians, electrologists and related occupations: **13**
- Carpenters and cabinetmakers: **58**
- Early childhood educators and assistants: **4,811**
- Registered nurses: **5,013**

Butter up your cake pans and fire up that oven because it looks like bakers are going to be wanted like hot cakes.

According to the annual Occupational Demand and Supply Outlook released Tuesday, the province is expected to be short a total of 78 bakers by the time 2025 rolls around, but that’s not the only job that’s expecting to be in hot demand in the next few years.

Childcare and homework support workers, transit drivers, computer and information professionals and managers in construction and transportation are forecasted to have a labour shortage of more than 1,000 workers.

Overall the government estimates that the province will have a cumulative shortage of 50,000 workers.

According to Jeanette Sutherland of Calgary Economic Development (CED) as the economy starts to turn around, there’s going to be an increase in demand for a number of workers in technical and managerial jobs — where the age of workers is generally higher and are forecasted to retire.

“The key will be collaboration between the governments, industry and postsecondary (institutions) so we can meet the labour demand need,” Sutherland said.

One of those looking to fill in the shortage is Heather Morante, a baker at Sidewalk Citizen Bakery who said that the demand for bakers is not that surprising given the rise in

artisanal cuisine.

“Even with a lot of artisanal movement that has been happening, a lot of people are going back to the traditional way of doing things specifically in the food industry,” said Morante.

Sutherland agrees, adding that because of the downturn many displaced workers went back to school to learn new technical skills in order gain employment in another field.

“If there is a positive spin that can be placed on a downturn, it’s that many of the displaced professionals have chosen to return to school for continued education or up-skilling. (This means) the outlook shows projections of increased demand

for university professors and assistants, college and vocational instructors, researchers, teachers and educational counsellors,” Sutherland said.

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November 15 — 4-6:30pm
City Hall (City Room, Palm Foyer), 1 Sir Winston Churchill Square

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Trucker talks of regret, respect

INDIGENOUS ISSUES

Raised by native grandmother, ashamed by sticker reaction

Josie Lukey
For Metro | Calgary

Larry Nykolyshyn said he's hanging his head in shame after backlash from a racially insensitive sticker on a water hauler truck.

A photo taken of the truck went viral when posted to social media, because the sticker above the front grill read "One Squaw Too Many."

As a result, Nykolyshyn said he's now answered more than 30 phone calls — some threatening his own life and the lives of his two daughters.

"I've never turned my phone off. I've dealt with every call that's come to me — even the ones at four o'clock in the morning," Nykolyshyn said.

But as an indigenous man himself, Nykolyshyn said he knows the strength of indigenous women.

After being raised mostly by



his grandmother and watching his own father abuse his mother, he made a commitment to never hurt women. So when Nykolyshyn saw similar signs in his co-worker, he thought making a joke about the situation would help lift his spirits.

According to Nykolyshyn, a 'squaw' is a historical term used for strong indigenous women like 'buck' is used to describe strong indigenous men. So when

he heard the sticker was offensive to some people, Nykolyshyn said he took it off so fast you can actually see marks on his hand from ripping it off.

But that didn't stop Sinopec Daylight Energy — with whom Larry had been working with for 20 years — from removing his company from the approved contractors list.

He said before the incident, he never followed social media and



ABOVE: Larry Nykolyshyn, with his grandmother Irene, whom he says is one of the most important people in his life. CONTRIBUTED

LEFT: In response to threatening calls, Nykolyshyn said he doesn't understand how two wrongs make a right.

wasn't aware of the seriousness of the ongoing inquiry for missing and murdered indigenous women and how offensive the sticker was.

Now Nykolyshyn is taking the incident as an invitation to reconcile with the community by reaching out to local indigenous groups in order to surround himself with the community instead of being isolated.

One person helping in that

process is Michelle Robinson, aboriginal liaison of 12 Community Safety Initiative in Calgary who had called Nykolyshyn looking for understanding.

"In indigenous culture, we really talk about a restorative culture. So who would I be if I didn't offer that to him?" said Robinson.

"I learned a hell of a lot more in one week than I did in the last 20 years," Nykolyshyn said.

ECONOMY Carbon levy to help pay for green power

The Alberta government plans to use revenues from its carbon levy on large emitters to help spur investment in green power.

Environment Minister Shannon Phillips outlined details of the Renewable Electricity Program on Thursday as she announced proposed legislation aimed at getting the province to its 30 per cent renewable target by 2030.

Currently, 10 per cent of the province's power comes from renewables such as wind, solar and hydroelectric.

The program's goal is to add 5,000 megawatts of renewable electricity capacity by 2030 through auctions run by the Alberta Electric System Operator.

The cost of the program — which the government expects to draw at least \$10.5 billion in private sector investment and to create 7,200 jobs — will not be borne by ratepayers, but will be funded out of carbon revenues.

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This sight has become so familiar and everyday that it has become a topic of conversation even for the mayor. KEVIN TUONG/FOR METRO

Sidewalk detour issues 'frustrating'

PEDESTRIANS

Obstructions a problem for people with disabilities



**Jeremy
Simes**

Metro | Edmonton

Jan Putter walked using his crutches along two blocks of closed sidewalks only to find out his bus stop was closed.

"It's very frustrating," said Putter, when asked about encountering closed sidewalks due to construction materials.

On Wednesday, a city official said signage or hoarding blocking sidewalks can be a "matter of perspective" for pedestrians, suggesting it wouldn't be the end of the word if they had to walk a bit further. But Putter, who has osteoporosis and uses crutches for most of the year, doesn't exactly see it that way. He said constantly diverting from construction sites can add up to the point where people can overstrain themselves.

"What I think is often a minor or inconvenience for able-body people — and in my experience as a person with lifelong disabilities — those things are not minor inconveniences when you're already starting from a position of disability," he said.

"It doesn't mean you can't do it, but it does mean you're prob-

ably going to pay a price that has consequences that are lot higher than just being inconvenienced for a few minutes."

People with disabilities and advocates for improved accessibility in Edmonton have increasingly expressed dismay with construction signs or materials blocking sidewalks.

Sidewalk obstructions have become so bad that Mayor Don Iveson has inquired about the issue.

He's asking city administration to see if sidewalk blockages can be reduced or stopped.

He said the city may be missing a policy to keep lanes open for pedestrians.

"I understand that frustration," Iveson said earlier this week.

"You encounter these things and you get detoured. I think we need to be considerate to all users of the road, including those pedestrians, cyclists and persons with mobility challenges."

Though Brad Vanderhoek with the city suggested pedestrians walking further when encountering a detour wouldn't be a bad idea for people's health, the city's Traffic Operations department is looking to improve the way it accommodates pedestrians.

One woman is hopeful for change. Leah McRorie, whose daughter requires a wheelchair and a walker, said accessibility in Edmonton is a human right.

"(The construction) is just another layer to have to go further, or actually not being able to go at all," she said.

ANTI-SIDEWALK ANTICS

Lane closure signs



Often placed on the sidewalk, closing it, too. How thoughtful.

The road detour



Close a sidewalk and people tend to do this, even if we tell them not to. Unsafe.

Hoarding

Probably YEG's most common form of blockage during construction. Why no detours?



Dirt bombs

Nothing says "This sidewalk is important" like a pile of dirt on it.



Snowpocalypse

No explanation necessary ... but enjoy walking there.

ALL PHOTOS CONTRIBUTED



Riley McGee says Marijuana for Trauma isn't a dispensary, after the company prompted councillors to inquire about zoning for pot shops. KEVIN TUONG/FOR METRO

City mum on future of pot shops

MARIJUANA

Administration waiting for feds before deciding course of action

Jeremy Simes
For Metro | Calgary

Riley McGee is clearing the air: Marijuana for Trauma isn't a one-stop pot shop or a dispensary.

On Wednesday, city councillors asked if new pot dispensaries should be restricted like liquor stores, which would mean they wouldn't be able to locate near schools.

Coun. Mike Nickel introduced the inquiry, asking administration to outline possible changes to zoning and businesses licences when shops eventually open.

But city administration refrained from commenting on the matter, saying they have yet to see the federal government's proposal before determining a course of action.

But it was Marijuana for Trauma that prompted the inquiry.

McGee, director of operations at Marijuana for Trauma's Edmonton location, said the company is like a counselling service, where doctors legally prescribe cannabis to patients.

The marijuana is later mailed to them.

He said Marijuana for Trauma won't get into the dispensary business when it becomes legal, noting the company went through a rezoning process to open at its current location.

"Although the recreational market is going to be full of opportunity, it's not something we're going to capitalize on," he said. "Really, it's going to happen beside and in front of us. That's not our business model. We're geared to serve patients in a clinical setting."

Though the city won't comment on how it'll handle legalized weed just yet, Calgary city council discussed an "advocacy position" on regulating and legalizing marijuana Thursday.

The Calgary document will give the federal government an idea of what the municipality would like to see when the drug is legalized in the spring of 2017.

Calgary's concerns include land use, business licensing, how weed will affect neighbourhoods, how police will handle enforcement and if the city can be part of revenue streams.

McGee said he doesn't expect dispensaries to affect business.

"I think the medical market and the recreational market are going to happen beside themselves," he said.

Nickel's motion will resurface on Tuesday at city council.

WITH FILES FROM HELEN PIKE/METRO

talk about **fresh**
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Shrimp and Chorizo Pizza



Prep Time: 10 minutes | Cook Time: 10 minutes | Makes 4 Servings

Ingredients

2 Brick Oven thin pizza crusts

1/4 cup (60 mL) Western Family Organics tomato sauce

250g package fresh mozzarella, sliced

350g (12 oz) fresh, wild, machine peeled shrimp

1-100g fresh chorizo sausage, very thinly sliced

2 tbsp (30 mL) extra virgin olive oil

1/2 of 28g package Western Family Organics basil

salt and pepper to taste

Directions

- Preheat oven to 450°F (230°C). Line two baking sheets with tin foil.
- Place pizza crusts on prepared baking sheets and brush with tomato sauce. Top with the sliced mozzarella, shrimp and chorizo.
- Bake in oven for 8 to 10 minutes, until cheese is melted and the crust is browned. Remove from oven and drizzle with extra virgin olive oil and scatter with the fresh basil leaves. Serve immediately.

Tip: Add cooked chicken breast, or make it fancy by topping with caramelized onions.

save on foods

Is it an event night tonight?

DOWNTOWN

Websites pop up to answer that question, ease congestion

 **Alex Boyd**
Metro | Edmonton

There's now not one but two new local websites informing people when Rogers Place has an event so they can better plan their downtown-ing.

Since the new arena in September, a concert or game has meant thousands of people swarming downtown streets and bars.

The situation is a boon for business but also drastically decreases your chances of finding a parking spot or a seat at a downtown bar or restaurant.

Kick Point, a local digital marketing agency, created the first website, isthereaneventatrogersplace.ca — and it lets you know if there's an event plus basic info on what that means for parking rates.

Kick Point's president and



Kick Point development director Tammy Lee and president Dana DiTomaso spearheaded a new website that helps you predict just how busy downtown will be. KEVIN TUONG/FOR METRO

 **It's useful to know if it's going to be a madhouse.**
Brendan Brown

partner, Dana DiTomaso, said the agency (located right next to the arena) wanted to create a simple tool for all Edmontonians — sports fans or not.

The reason? She worries non-hockey fans are getting pushed out of downtown by the event crowd.

downtown to live, and do other things."

Brendan Brown designed the second website, gegevent.com, after he moved to downtown with his wife and realized how busy things got on game night.

His site tells you what the event is, plus how many events you can expect in a given month.

"It's useful to know if it's going to be a madhouse, especially when games start or end," he said.

The Rogers event listing isn't easy to access, Brown said, and the city doesn't provide much info either.

"It seems funny for a city that allows you to map the number of graffiti (markings) by neighbourhood by year in the open data portal," he said.

The info available on event schedules are "vague" in comparison, he added.

Both DiTomaso and Brown agree the arena could mean big things for downtown, but there will be some growing pains first.

"I think with good planning and operations we will get a lot of good things out of it," Brown said.

SPORT

Racing at Northlands until 2018

Horse racing at Northlands Park has been given a new lease of life, before the sport is moved to another facility.

Horse Racing Alberta (HRA) and Northlands announced an agreement Thursday to extend horse racing at the facility until June 2018.

In 2018, a press release notes, HRA will move into Century Mile, a new horse racing facility near the Edmonton International Airport.

"We are very grateful to Northlands Park for allowing racing to continue into 2018. The agreement allows the industry a seamless transition into Century Mile while addressing the unique needs of all breeds," Shirley McClellan, CEO of HRA, said in a statement.

The info available on event

schedules are "vague" in comparison, he added.

"It is a win for the HRA in that this deal provides stability and a go forward plan for the horse racing community," Tim Reid, president and CEO of Northlands, said in a statement. "It is a win for Northlands in that it affords us the time to continue to work on our future development plans." METRO

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The numbers don't lie

Edmonton's economy is down, but signs of life are emerging.

METRO

Edmonton's economy is slowing, according to a new economic update delivered to city council — but its authors say there is hope on the horizon.

The report notes Edmonton's real gross domestic product has shrunk compared to last year but that average wages have stayed level, thanks to most job losses being low-pay positions.

Still, looking forward, the report predicts Edmonton's economy to grow by 1.8 per cent in 2017 as Alberta recovers and energy prices rebound.



Edmonton's crane count was once tops in the country.

KEVIN TUONG/METRO



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Polycystic kidney disease (PKD) is one of the most common life-threatening genetic diseases affecting Canadians and can result in the growth of cysts that enlarge the affected kidney, destroying its ability to function.

Patients and their loved ones are invited to join this forum to:

- Learn about what a PKD diagnosis can mean for you or a loved one, as well as how PKD can be managed from **Dr. Steven Caldwell, Nephrologist, University of Alberta**;
- Hear about what resources and support systems are available to you and your loved ones from **Jeff Robertson, Executive Director, PKD Foundation of Canada**;
- Have your questions answered during a Q&A period led by Dr. Steven Caldwell and Jeff Robertson; and
- Meet other people living with PKD in your community.

All are welcome to attend!

To RSVP and confirm your participation, please visit:
EdmontonPKDPatientForum.EventBrite.ca

**PKD FOUNDATION
OF CANADA**



Butts the smoking gun

SCIENCE

Study finds a school leads city in illegal tobacco use

Ameya Charnalia
For Metro | Edmonton

When it comes to illegal tobacco in Alberta, Edmonton's Eastglen High School earns the dubious distinction of being, well, the smokiest in the city.

Illegal tobacco use at the school is up 21 per cent, which places Eastglen fifth in Alberta, according to a new study by the Western Convenience Stores Association.

But perhaps the strangest thing about the study is how it is carried out.

The association, which represents convenience store retailers in the western provinces and the territories, hired Montreal-based Niric Group to study discarded cigarette butts at 38 sites across Alberta.

More than 5,000 samples — as



Cigarette butts reveal more than you may think about smokers, a new study reveals.

KEVIN TUONG / FOR METRO

ing to the study? The Tim Hortons/Wendy's on 112 Street, Westmount Shopping Centre, and Canada Place were the city's other three locations on the list.

Samples were gathered over a 10-day period in September and it is the third year the association has carried out the study.

Other Edmonton areas with an illegal tobacco habit, accord-

ing to the study? The Tim Hortons/Wendy's on 112 Street, Westmount Shopping Centre, and Canada Place were the city's other three locations on the list.

The overall contraband rate for Edmonton jumped from 9.7 per cent in 2015 to 11.1 per cent in 2016, the study found.

"When people aren't buying products legally, that means

people aren't going into our stores, so we're losing not only tobacco sales, but also other sales," said Andrew Klukas, president of the association.

"We take age testing seriously — controlling access to youth — so it's frustrating when you see people selling these products on the streets."

A lot of the cigarettes come

5,000+

The number of cigarette butts collected from 38 sites across Alberta, tested to determine origin and legality and studied to reveal the smoking habits of the population.

from First Nation reserves in Ontario and Quebec, Klukas said, where the tobacco products are legal, but not supposed to be sold off-reserve.

But Jean-Simon Venne, president of Niric Group, said not all contraband comes from reserves. There is an increasing number of U.S. tobacco products not meant for sale in Canada making their way north of the border, too.

"There's always new brands showing up everywhere."

Increasing contraband also means less tax revenue for the government and raises community safety concerns as well, said Klukas.

"We don't want this to continue to grow."

WHAT'S HAPPENING Not yet chilly but there's chili

WHAT: Chili cook-off

The weather seems to have warmed up just as the hot, spicy, hearty bounty that is chili comes to Churchill Square, for the 26th annual Chili Cook Off. The event kicks off Rodeo Week. Bring a buck for a sampler bowl, or \$2 for the whole deal.

WHERE: Churchill Square

WHEN: Friday, 11:30 a.m. to 1:30 p.m.

WHAT: Rutherford House Remembers

It is called the Great War but it was a war that redefined pain, fear and suffering. As Remembrance Day approaches, Rutherford House examines the First World War and the sacrifices made by Edmonton men and women at the front and at home.

WHERE: Rutherford House, 11153 Saskatchewan Drive

WHEN: Sunday from noon to 4 p.m. METRO

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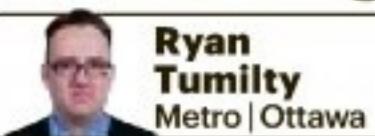


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ANALYSIS

Keeping the score on PM's promises

**Ryan
Tumilty**
Metro | Ottawa

One year since he became prime minister and Justin Trudeau has fulfilled some of his promises, is still working on many and has broken others, according to an independent, non-partisan website that has been tracking his progress.

Calgary-based IT consultant Dom Bernard and some of his

colleagues built the website trudeau.metre.ca, which tracks what the prime minister has done compared to what he promised.

Trudeau made 219 promises during last year's marathon federal election campaign, according to the website. The Trudeau Metre shows the prime minister achieved 34 of those promises as of Thursday. The site shows 64 promises are still in progress, 95 haven't been started yet and 26 have been

broken.

Trudeau's pledge to run deficits of less than \$10 billion in his first two fiscal years and his failure to end the ban from giving blood on men who have had sex with men are among the prime minister's broken promises, according to the website.

"We're trying to stay as objective as possible," he said.

The project was modelled after an Egyptian initiative that attempted to track the promises of that country's

first democratically elected president.

Many of the individual promises have generated lengthy discussions in the comment section of the website and Bernard said that's exactly what they hoped would happen.

"We wanted to start the same amount of discussion and conversation," he said. "Canadians are interested in discussing what the government is doing, what the government said it would do."



Eli Townsend, 6, dresses like presidential candidate Donald Trump at a rally on Thursday. Some Canadians say Trump would provide a potent antidote to what they view as a march toward self-serving big government. GETTY IMAGES



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Canadians who want a Trump win

★ U.S. ELECTION ★

Supporters of GOP candidate in minority countrywide

They don't always like what they see or hear but Canadians hoping Donald Trump becomes the next U.S. president believe him to be a straight shooter that will bring economic benefits to Canada in a world severely circumscribed by political correctness.

A President Trump, they say, would provide a potent antidote to what they view as a march toward self-serving big government whose benefactors are moneyed elites.

"A lot of good honest blue-collar people were really thrown under the bus by the elite," said Daniel Erikson, 38, a Calgary businessman.

Trump would provide a strong counterweight to the Liberal government in Ottawa and the NDP government in Alberta that has

pushed the economy "almost to the breaking point," Erikson said.

Inevitably, conversations with Trump supporters in Canada turn to an often palpable hostility toward his Democrat rival, Hillary Clinton.

Andrew Stagg, 31, a Toronto-born Canadian software engineer who lived most of his life in Calgary, said his antipathy toward Clinton stems from his Christian-based opposition to abortion, and the email and other scandals that have dogged her.

Clinton also poses a threat to gun rights, said Stagg, who now lives in the U.S. On the other hand, he said, Trump has committed to appointing judges who favour those rights.

The vast majority would back Clinton, a position Manny Monte敬nigrino, a one-time adviser to former Conservative prime minister Stephen Harper, said left him "dumbfounded."

Win or lose next week, few can argue with the fact Trump has run a remarkable campaign that catapulted him from a long-shot contender for the Republican nomination to possible president. THE CANADIAN PRESS

HEALTH**Liquid fentanyl found by police a 'game changer'**

A police force in Ontario is revamping the way officers handle street drugs after learning that a substance seized during a drug raid was liquid fentanyl, a highly powerful opioid easily absorbed through the skin.

Hamilton police Det. Const. Adam Brown said he and other officers came across a vial of the drug

during a raid in May, but at the time they believed it contained GHB — also known as a date-rape drug.

Liquid fentanyl is believed to be more powerful than the powder form, which is believed to have led to more than 1,000 fentanyl-related deaths across the country, although Canada lacks an accurate central database of overdoses.

THE CANADIAN PRESS

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The politics of abortion

Rosemary Westwood relocates from Canada to the United States in the midst of the most unusual presidential election ever. She chronicles her observations in a weekly column for Metro.



**ROSEMARY
WESTWOOD**
From the U.S.

A week before the U.S. presidential election, I visited the New Orleans Planned Parenthood clinic.

It sits nestled between residential streets, and along a wide, four-lane city artery. The new facility (updated from more humble digs in a shotgun house) opened in spring, and it's friendly, clean, and oddly quiet.

It was a Tuesday, so the regular pro-life Friday protesters weren't around, one clinic worker told me. Another group had just finished a biblical-sounding "40 Days of Harassment," she said. "That's what they called it." Patients coming here for sexual and reproductive health care weren't bothered by the daily signs and blocking of the driveway, she added. "They say, 'Those people need a job.'"

Planned Parenthood in Louisiana — which has one other clinic in the state capital of Baton Rouge — doesn't offer abortions (yet, it has plans to apply for the required license).

And other clinics that do perform the procedure have been through a legal see-saw over the past two years, facing one of the proliferating restrictive laws in the Southern U.S. (in this case, one relating to doctors and hospital admitting privileges). The law shuttered some clinics this spring, before the Supreme Court temporarily blocked it in March.

But given Planned Parenthood's prominent role in this election, the protests against a procedure not even being performed at the clinic here make a kind of sense. Planned Parenthood, and Hillary Clinton, have become the most public banner-wavers for abortion rights. And Donald Trump the ill-in-



The Planned Parenthood Action Council holds a rally at the Utah state Capitol, in Salt Lake City. THE ASSOCIATED PRESS

formed, gruesome critic.

Trump's macabre description of a late-term abortion procedure that doesn't even exist during the final presidential debate was only the ghastly tip of a much larger iceberg. Abortion isn't just

be the reason they plug their nose and vote for Trump.

For example, while millennials across the political spectrum skew more progressive on issues of race, sexuality, and immigration, they remain divided on abortion, according to the Pew Research Centre. (And — notably — on gun rights.)

The U.S. is increasingly a country of less socially conservative voters, but 41 per cent of American adults continue to believe abortion should be illegal, a statistic largely unchanged for decades. And in Louisiana, it's a political given.

John Bel Edwards, the state's democratic governor (still quite a feat), has been so vocal about his pro-life stance, he's actually won an award for it. He signed the new law that the Supreme Court saw fit to put on hold, of a similar nature to the one struck down this year in Texas, and he signed an

other law requiring women to wait three days before they can get an abortion. (Women here already have to see a doctor and get an ultrasound 24 hours before a procedure.)

There might have been a Hillary sticker on a car in the Planned Parenthood parking lot, but this is Trump land. Right next door, a pro-life group plans to open its third Louisiana "pregnancy centre" in January, which promises it can "reverse" the effects of the abortion pill midway through the dosage.

That might sound like fringe political efforts to a Canadian, but in America, anti-abortion politics is mainstream. And the election might seem contentious just days away from voters heading to the polls, but if Louisiana had its way, we'd be waking up on Wednesday morning to President Donald Trump.

THE DOWNTOWN BUSINESS ASSOCIATION PRESENTS



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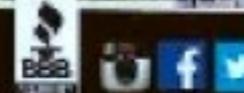
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IRAQ

Civilians struggle to flee urban combat

As Iraqi forces pushed Daesh militants out of Mosul's eastern neighbourhoods this week, hundreds of civilians faced a dilemma: stay in an area still beset by heavy fighting and surrounded by government troops that many distrust, or evacuate for the uncertainty of a displacement camp.

The elite special forces entered the Gogjali district Tuesday, touching off an exodus by hundreds of residents, many herding sheep, cows and goats as they fled to the east.

But still more have been told by the troops to stay in their homes as the battle is changing to one of urban combat with the extremists. Those civilians who remain have essentially become trapped on the front lines.

One resident said he had tried to flee, as the edges of his district were still getting shelled heavily by Daesh, but Iraqi security forces told him he had to stay.

"Everyone here is trapped in this situation. They're afraid," said the man, who asked not

to be identified.

On Thursday, an explosives-laden vehicle sped toward the special forces positioned in Gogjali, Brig. Gen. Haider Fadhl said. The troops fired a rocket that blew up the car, killing the attacker. Fadhl also said the militants were using explosives-laden drones, deploying two since the previous night, both of which had been destroyed.

In addition to rooting out any Daesh fighters who may have stayed behind and checking for planted explosives, the Iraqi troops have

to handle those civilians who are fleeing Daesh-held territory deeper inside Mosul. More than 5,000 people have been evacuated to nearby camps since Wednesday from Gogjali and nearby areas, said Lt. Gen. Talib Shaghati, commander of the Joint Military Operation command.

About 22,000 people have been displaced from Mosul, with about half settled in camps and the rest in host communities, UN spokesman Stephane Dujarric said.

THE ASSOCIATED PRESS



Iraqi families fleeing the violence in Mosul on Thursday head to camps housing displaced people. AFP/GETTY IMAGES

Everyone here is trapped in this situation. They're afraid.



At current carbon emission levels, the Arctic will likely be free of sea ice in September around mid-century, which could make weather even more extreme. THE ASSOCIATED PRESS

Study links sea ice to carbon dioxide

CLIMATE CHANGE

'It might just be rather simple,' scientist says

New research is cutting through the confusion on disappearing Arctic sea ice by replacing complex computer models with simple math that links everyday activities to the health of Earth's climate regulator.

"It might just be rather simple," said Julienne Stroeve, senior scientist at the National Snow and Ice Data Center in Colorado and professor at University College London.

Her paper, published Thursday in Science magazine, outlines an easy-to-understand relationship between increasing levels of carbon dioxide in the atmosphere and the slow vanishing of summer sea ice in the North.

For every new tonne of CO₂ that enters the atmosphere, says the paper, the southern edge of the sea ice loses another three square metres. That's it.

Or, in the words of the paper: "The 30-year running mean of monthly mean September Arctic sea-ice area is almost linearly related to cumulative anthropogenic CO₂ emissions."

We are all ice-dependent species.

Julienne Stroeve

The direct relationship between greenhouse gases and sea-ice retreat has been pointed out before. Stroeve and her co-author Dirk Notz, of Germany's Max Planck Institute, have put hard numbers to it and explained how it works.

In a stable ice pack, the warming effect of infrared radiation generated by the sun is balanced by cold tem-

peratures in the atmosphere. But increasing levels of carbon dioxide prevent those infrared rays from escaping into space.

As a result, the ice retreats northward where there's less solar radiation.

"The ice is migrating to re-establish equilibrium," said Stroeve.

Establishing that hard link between CO₂ and sea ice has important consequences.

For years, climate modelers have attempted to pinpoint when summer sea ice is likely to disappear. Stroeve and Notz say the most likely date is sometime around mid-century.

THE CANADIAN PRESS

CARFENTANIL

Trade of lethal drug thrives in China

Seizures of the deadly chemical carfentanil have exploded across the United States, with more than 400 cases documented in eight states since July.

Fueled by a thriving trade out of China, the weapons-grade chemical is suspected in hundreds of drug overdoses in North America. An investigation last month showed how easily carfentanil can be purchased online from China.

Of the 12 companies that initially offered to export carfentanil, just three have

stopped. Nine continue to offer carfentanil for sale, no questions asked, and The Associated Press identified four additional companies willing to sell the drug.

Asked for comment, most denied making the offers.

Jilin Tely Import and Export Co. initially claimed in an email that carfentanil was one of its "hot sales product." After being named in The Associated Press' story, the company's website vanished and it denied ever producing carfentanil.

Carfentanil is a controlled

5,000

Carfentanil is some 5,000 times stronger than heroin.

substance in the U.S., where it can be used legally to immobilize large animals like elephants. But it is not controlled in China, the top source of fentanyl-related compounds that end up in the U.S., Canada and Mexico, according to

the U.S. Drug Enforcement Administration.

"It's a loophole that needs to be closed because even small quantities can have a terrible lethal effect," said Andrew Weber, a former U.S. assistant secretary of defence for nuclear, chemical and biological defence programs. "Terrorists could acquire it commercially as we have seen drug dealers doing."

Some 5,000 times stronger than heroin, carfentanil is so toxic that an amount smaller than a poppy seed can kill a

person. It was researched for years as a chemical weapon and used by Russian forces to incapacitate Chechen separatists in 2002.

The Associated Press did not buy carfentanil from the vendors and did not test whether the products on offer were genuine.

U.S. officials have discussed carfentanil's dangers with Chinese authorities, who have already controlled 19 fentanyl-related compounds, and urged them to blacklist it. But China has yet to act.

Dealers cut carfentanil and other synthetic opioids into illicit drugs like heroin to boost profit margins.

Since July, when carfentanil was first identified in the U.S. drug supply, officials have confirmed at least 407 carfentanil seizures in eight states.

The resulting wave of human misery has been overwhelming. In just 21 days in July, paramedics in Akron, Ohio, logged 236 overdoses, including 14 fatalities, with suspected links to carfentanil, according to officials. THE ASSOCIATED PRESS



Shoppers make their way around Toronto's Eaton Centre on Dec. 26, 2015. Forty-one per cent of shoppers surveyed said they would abandon a purchase if lineups were too long. Blame it on Airbnb and Uber's instant gratification. TORSTAR NEWS SERVICE

Shoppers feeling the Uber effect

RETAIL

About 41% of Canadians say they will leave lines if too long

Canadian consumers are in no mood to wait in long lineups when they shop this holiday season, according to the results of an annual shopping survey.

Forty-one per cent of shoppers surveyed said they will abandon making a purchase in a store if the lineup to pay is too long.

On average, they're willing to wait six minutes, with 65 per cent indicating that they would abandon their purchase rather than wait more than 10 minutes in line, according to the Accenture Canada Holiday Shopping survey, released Thursday.

Accenture's Kelly Askew, managing director, retail strategy, points to new, frictionless exchanges — like the ease of using Uber and Airbnb — as part of the reason why consumers are becoming impatient with barriers to buying.

Uber users register their credit card when they sign up, and every time they use an Uber ser-

Customers get used to a very straightforward experience.

Kelly Askew

purchases anywhere in a store.

Respondents to the Accenture survey said they were planning to spend \$873 on average on the holidays this year, up from \$744 in 2015. Online shopping is expected to surge in popularity this year, as the number of Canadians who said in the survey they prefer in-store shopping dropped 15 per cent, from 62 per cent to 53 per cent.

TORSTAR NEWS SERVICE

ENERGY

CEO takes middle road in climate change debate

Jen St. Denis
Metro | Vancouver

The CEO of Kinder Morgan Canada expressed doubt that climate change is being caused by human activity, and said Thursday at a speech to the Greater Vancouver Board of Trade that he expects current levels of fossil fuel consumption to continue for the next 40 to 50 years.

"There is science that will suggest one path to climate change

and mankind's influence on it and there is another path that exists and I'm not going to judge one path versus the other. I'm not smart enough to do that," Ian Anderson told reporters following his address.

"What we do know is that broad public opinion and social society today believes that fossil fuels are ... necessary and required, and over time we should be looking to minimize the impact of those fuels."

Kinder Morgan has applied to twin its existing Trans Mountain

pipeline from Alberta through B.C., terminating in Burnaby. The expansion would increase capacity from 300,000 barrels of oil a day to 890,000 and result in a seven-fold increase in tanker traffic through Burrard Inlet to export bitumen from Alberta's oil sands to overseas markets.

The National Energy Board approved the project with 157 conditions in May, and the company hopes to final approval from the federal government.

But the project has met continued resistance from environ-

mental groups, some First Nations and the mayors of Burnaby and Vancouver.

"The concern I have with (Vancouver Mayor) Gregor Robertson is ... his ability and his tendency to reach out to the public, his profile, his presence, he gets attention," Anderson said. "His voice is heard, much to the disappointment of many of the supporting mayors that I have, for instance, in the Interior, who wish their voice could be heard as loudly by Lower Mainland media."

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For years the "Village" was home to thousands of proud Canadians that answered their country's call, and by their actions made our world a better place.

Wear a poppy this Remembrance Day to honour them.

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16205962
\$110 bw



2016 DODGE GRAND CARAVAN

\$20,882

16GV6374
\$115 bw



2015 RAM 1500
SPORT
LEATHER, ROOF, NAV

\$43,981



2015 DODGE JOURNEY

\$26,888

\$153 bw



2017 JEEP GRAND
CHEROKEE 75TH
ANNIVERSARY

\$48,237



2016 DODGE CHARGER
SRT 8 (DEMO)

\$54,999

\$309 bw



2017 CHRYSLER
PACIFICA

\$49,888



2016 RAM 1500 HEMI

\$31,488

\$173 bw



2015 JEEP GRAND
CHEROKEE
BLACK ON BLACK
ECO DIESEL

\$61,788



2014 JEEP CHEROKEE

\$14,488

\$91 bw



2016 RAM 1500
SPORT (LIFTED)

\$57,772

\$319 bw



2015 JEEP RENEGADE
SPORT 4X4

\$23,982

\$135 bw



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SRT 8

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\$321 bw



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SPORT

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GRAND CHEROKEE
SRT 8 700 HP
SUPERCHARGED

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\$535 bw



2015 JEEP RENEGADE

\$21,888

\$123 bw



2017 RAM
3500 MEGA
CAB LARAMIE
DUALLY

\$75,888

\$419 bw



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CUSTOM LIFT

\$66,888

\$369 bw



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2013 DODGE GRAND CARAVAN SXT

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2014 JEEP GRAND
CHEROKEE SRT8

AE10749

\$49,888



2011 RAM 3500 CREW LARAMIE

17CC2170110

\$23,888



2014 DODGE DART

AE10751

\$9,888



2010 HYUNDAI GENESIS GT

18CP983110

\$9,888



2016 JEEP CHEROKEE TRAILHAWK

AE10767

\$35,988

\$235 BW



2009 BMW 128i

15GC483910

\$14,988

\$235 BW



2016 FORD FUSION AWD

AE10716

\$20,988

\$137 BW



2015 SCION FR-S

AE10722

\$23,988

\$156 BW



2015 JEEP GRAND CHEROKEE LAREDO

AE10753

\$30,988

\$202 BW



2015 DODGE DURANGO LIMITED

AE10754

\$37,988

\$248 BW



2014 JEEP PATRIOT SPORT

16TC911420

\$14,988

\$97 BW



2009 DODGE CHARGER AWD SXT

16CC1307510

\$9,988



2007 NISSAN XTERRA S

16CK055610

\$5,988

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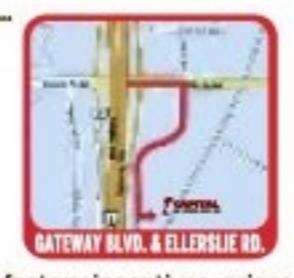
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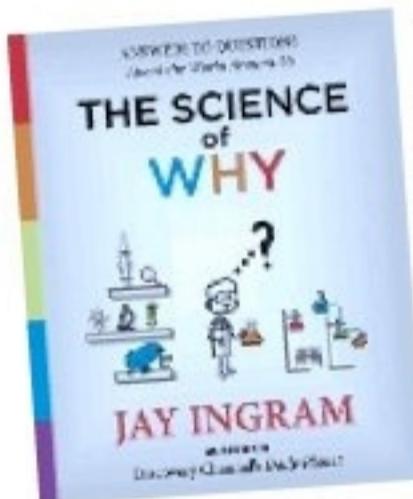
metro SCIENCE

Your essential daily news

Zzzs please: Sleeping less than eight hours a night is a major risk factor for obesity — especially in children



BOOK EXCERPT THE SCIENCE OF WHY BY JAY INGRAM



With our respected citizen scientist working on other projects this week, Metro has turned to former **Daily Planet** host **Jay Ingram** to explain time and aging to us. What follows is an excerpt from his new book, **The Science of Why: Answers to Questions About the World Around Us** (Simon & Schuster Canada).

WHY DOES TIME SEEM TO SPEED UP AS WE AGE?

There's no doubt that the vast majority of people feel that time moves faster as they age, but very few of them bother to estimate by how much.

A century ago the great American psychologist William James suggested that as we grow older, and more jaded and worldly, we enjoy fewer remarkable experiences in a year, and so the years become less and less distinct from each other. Another theory suggests that because each successive year is a smaller percentage of one's overall life, it is less significant when weighed against the rest and therefore passes by virtually unnoticed. When you were ten, every year was huge: 10 percent of your life. At age forty, though, one year is only 2.5 percent of your total life.

There's also a phenomenon called forward telescoping. Imagine you're asked when you last saw your aunt and you say, "Uh . . . three years ago?" when it's actually eight years since you saw her. You've zoomed in time, bringing the past closer than it really is. When someone asks me how long ago an event took place, I double my first estimate, and even then I sometimes underestimate the passage of time. That's forward telescoping.

In the mid-1970s (remember how slowly time passed then?), Robert Lemlich of the University of Cincinnati proposed one significant adjustment to the idea of the apparent passage of time versus reality. He argued that since time is all subjective anyway, years are also subjective. Calculating what percentage of your total life is represented by each passing year is fine, but it's strictly mathematical and so doesn't take into account that each passing year feels shorter as well — it is a smaller part of your total life numerically.

but it feels even less than that. It's all in your head, really, so your estimate of the length of a year that has just passed should be compared not to how long you've lived but to your sense of how long you've lived.

Lemlich created equations to quantify what he meant. Their implications are surprising, even shocking. Let's assume you are a forty-year-old. Lemlich calculated that time would seem to be passing by twice as fast now as it did when you were ten. (Remember how long summer vacation seemed to last?)

But there's more: the numbers tell you that if you're that forty-year-old and you're going to live to eighty, you're halfway through your life by the calendar, but because time seems to be passing ever more rapidly, Lemlich's math suggests you will feel you have less time left than you actually do. By his calculations, at age forty, you have already lived — subjectively — 71 percent of your life. It gets worse: by the time you're sixty, even though you have twenty years remaining, those twenty years will feel like a mere 13 percent of

they were one-quarter their present age, and about two-thirds as fast when they were half their present age.

50 per cent of your total life experience will feel locked in by your 20th birthday.

your life. These numbers are shocking enough, but they take on an even more bizarre twist when you extrapolate them back and ask the question: At what point in our lives have we experienced half of our subjective life? If you're that forty-year-old, you will have experienced half your total subjective life by the time you were twenty. Even if you live to a hundred, 50 percent of your total life experience will feel locked in by your twentieth birthday.

Lemlich backed up his numbers with experiments. He asked a group of students and adults to estimate how much slower time seemed to have passed when they were either half or one-quarter their present age. His theory predicted the answers almost exactly: time seemed to have passed only half as fast when

they were one-quarter their present age, and about two-thirds as fast when they were half their present age.

Is something else going on in our brains that would change our perception of the passage of time as we age? It might be that our internal clock (and jet lag and shift work demonstrate just how crucial that clock is) runs slower as we age. If your clock now estimates a minute to be three minutes, because it's running slower, then many more events will be packed into that time frame and it will seem that time is passing faster.

An extreme example is the case of a man who, at the age of sixty-six, was admitted to hospital in Düsseldorf. Examination revealed a tumor in the left frontal lobe of his brain. He'd gone to the hospital because he was finding life unbearable: everything was happening at breakneck speed. He had to stop his car by the side of the road because the traffic was too fast. The television, already manic, was triple-manic, and as a result of this experience, he had begun to withdraw from society. When asked to

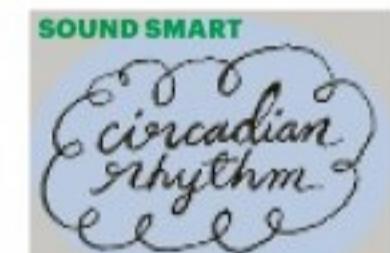
estimate the passage of sixty seconds, it took him four and a half minutes. Imagine what traffic would look like if four minutes' worth was packed into a minute! What this case suggests is that disruptions to certain parts of the brain alter our perception of the passing of time, and while this particular case was unusual, it's possible that a gradual and minor version of this affects everyone's sense of time passing.

You might be wondering why we're spending time (it's precious!) figuring out equations to account for how we experience time. This kind of data supports what might otherwise seem to be mere impressions like this one by Robert Southey, the poet laureate of England in 1837: "Live as long as you may, the first twenty years are the longest half of your life. They appear so while they are passing; they seem to have been so when we look back on them; and they take up more room in our memory than all the years that succeed them."

FROM THE SCIENCE OF WHY: ANSWERS TO QUESTIONS ABOUT THE WORLD AROUND US BY JAY INGRAM. COPYRIGHT ©2016. REPRINTED BY PERMISSION OF SIMON & SCHUSTER CANADA

FINDINGS Your week in science

NOVEMBER BLUES
A new Danish study of 185,419 patients found depression cases spike by eight per cent during the month after daylight savings time begins. Less exposure to cheer-inducing sunshine may be to blame: Most people are showering, not taking advantage of daylight, from 7 a.m. to 8 a.m.



DEFINITION
A circadian rhythm is a 24-hour biological cycle that responds to light and dark conditions outside and affects just about everything we do as living things, not just sleep.

USE IT IN A SENTENCE
Deborah messed up her **circadian rhythm** by staying up till 3 a.m. to binge-watch *Fuller House*.



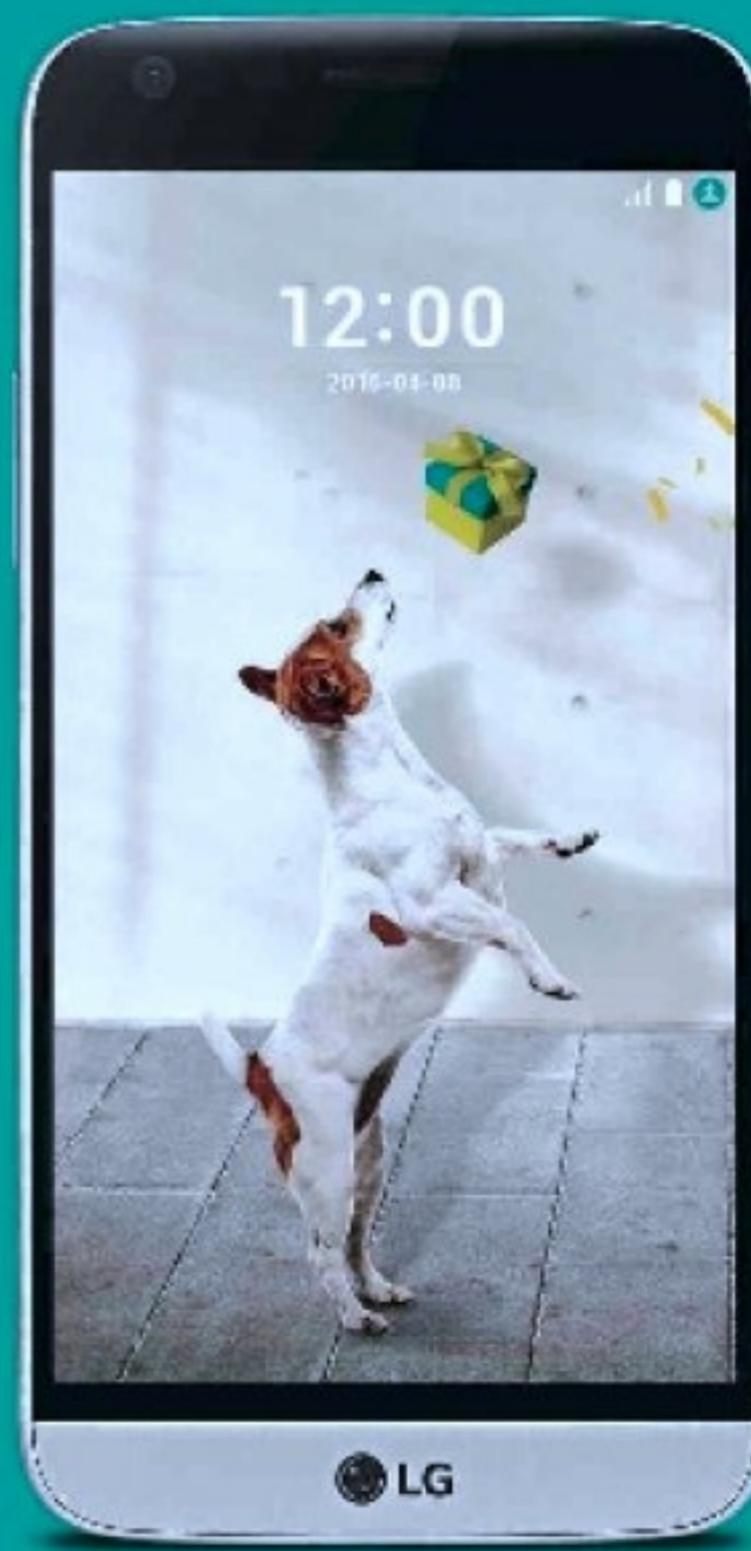
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Not so strange for Dr. McAdams

IN FOCUS

Actress preps for medical role long before Marvel

Richard Crouse
For Metro Canada



In an unconscious way Rachel McAdams has been preparing to play Dr. Christine Palmer in Doctor Strange her whole life.

"My mother is a nurse," says the London, Ont.-born actress. "She is a very compassionate kind of nurse and Christine is sort of that way as a doctor. She has an excellent bedside manner as opposed to Doctor Strange. I took a page from my mom."

"I've been talking to her about it for my whole life. She brought her job home sometimes. I picked it up over the years."

Doctor Strange, the 14th film in the Marvel Universe, aims to introduce you to the neurosurgeon, played by Benedict Cumberbatch, who goes from saving lives to saving planets.

Trauma surgeon Dr. Palmer is his ex-girlfriend but still a constant in his life, and later, when things get mystical, his anchor to the real world.

"It's a much less typical love trajectory," she says of their connection. "I think because we had so few scenes to establish our relationship it was a better jumping-off point. We had a



She is an amalgamation of a couple of characters.

Rachel McAdams



Rachel McAdams, left, and Benedict Cumberbatch in a scene from Marvel's Doctor Strange. JAY MAIDMENT/DISNEY/MARVEL VIA AP



MOVIE RATINGS by Richard Crouse

| | |
|----------------|-----|
| Doctor Strange | ★★★ |
| Trolls | ★★ |
| Hacksaw Ridge | ★★ |
| Gimme Danger | ★★ |

| | |
|------------------|------------|
| HOW RATING WORKS | |
| ★★★ | SEE IT |
| ★★★ | WORTHWHILE |
| ★★ | UP TO YOU |
| ★ | SKIP IT |

lot more subterranean life and a much richer history for the characters."

In the comic books Christine Palmer is a very different person than the one McAdams brings to life on the screen.

"She is an amalgamation of a couple of characters," she says. "It gave us a lot of creative freedom. We were inventing something."

"I kind of looked at the comic books more for the flavour of the world and Doctor Strange him-

self and less so for my character."

McAdams's nurse mother may have helped the actress access the emotional side of playing a doctor, but what about the prac-

tical stuff, like tying a suture?

"This great neurosurgeon we had on set with us taught us how to sew up a raw turkey breast," she laughs. "I guess it's the clos-

est thing to a real live human being, poor turkey. Then I used oranges, which were easier to carry in my purse. Better smell too. I also had a fake head to practice on."

"It was kind of like knitting. I would take the suture stuff around, put it on a light stand while we were shooting and practice. I still have sutures on my doorknobs. I haven't gotten around to cutting them off yet."

The result of all her work is a movie she calls "an ambitious

film on the page that I think ticks a lot of those boxes people are hoping for when they go see a big, blow-out Marvel film. There's also a quiet deep emotion that runs through it.

"I find it hard to get swept away by a film I am in," she adds, "because I look at it differently, but I actually jumped at one point in my own scene. My friends were laughing. 'You knew that was coming!' I know, but I was wrapped up in it."

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Robinson takes a dramatic film turn

ACTING

Funny guy stars in Morris From America

Steve Gow
For Metro Canada

Craig Robinson may have finally grown fed up with being funny.

It's not that the actor, known primarily for comedic turns in television shows like *The Office* or such big-screen hits as *Hot Tub Time Machine*, is no longer funny himself. In fact, the Chicago-born talent is naturally good-natured even as he discusses a new desire for dramatic roles.

"There is so much room to breathe on the dramatic side. You get to take your time a little bit more. Comedy is like get in there — get in, get out," said Robinson during a recent interview to promote *Morris From America*, the new film that is earning him accolades for a more measured performance.

"It's been nice, man. I'm



Craig Robinson, known primarily for his roles in comedy films and television shows, plays a widowed father in the new drama *Morris From America*. CONTRIBUTED

really looking forward to really losing myself to the next dramatic character."

Morris From America may not be a staunch drama, but the indie film definitely fea-

tures darker elements and an unorthodox tone for a comedy. A simple coming-of-age tale about an American teenager and his widowed father living in their adopted German town

focuses less on madcap antics involving culture disparity and language mix-ups and more on the melodrama of human connection and prejudice.

"People ask what do you

MOVIES

The Next Adventure

Robinson is currently filming a 10-episode series called *Caraoke Showdown* where he picks up unsuspecting contestants who discover they're on a game show. "Just imagine *Cash Cab* mixed with *James Corden*," said Robinson.

Not Too Different

"I was intrigued by the challenges that the script presented," said Robinson of *Morris From America*. "I wanted something a little different but not too different. Because there's some comedy in there but also some heart."

On Mr. Robot

After seeing Robinson in a preview for *Morris From America*, *Mr. Robot* creator Sam Esmail gave the actor a recurring role in the hit series last season.

embraced a chance to study the Deutschland dialect.

"I don't know how long it took (but) I knew I wanted to get it down," recalled Robinson. The 45-year-old admits "getting a taste" of a more dramatic challenge has left him wanting more.

"I am looking for stuff a little different that really stands out and really showcases things I can do," said Robinson. "And things that I don't know I can do yet."

SLUGLINE

Trolling in a positive way

Richard Crouse
For Metro Canada

Anyone who grew up in the 1970s will remember *The Trolls*. The vinyl creatures with DayGlo Eraserhead coifs and big goofy smiles invaded pop culture.

Unlike modern-day Internet trolls, these creatures were joyful, hug-happy little things with more personality than your average Pet Rock and a ubiquity that made them one of the symbols of a kinder and gentler time.

Then they, like other '70s fads such as disco music, streakers and *Gee Your Hair Smells Terrific* shampoo, faded into obscurity, banished forever to the retro section of your local junk shop.

Now they're back in *Trolls*, an animated adventure from the makers of *Shrek Forever After* and *Mr. Peabody & Sherman* that aims to spread some cheer amid a fraught election season. Co-director Walt Dohrn says he hopes the film's message of optimism in the face of adversity will be "an antidote to the madness of the world."

"When Walt and I set out to make this film," says co-director Mike Mitchell, "we did want to make a film about happiness because the news and the media is so scary. And not just for kids,



The new animated adventure, *Trolls*, comes from the makers of *Shrek Forever After*. CONTRIBUTED

adults too..."

"The world is kind of a difficult and dark place," adds Dohrn, "so putting something out there that talked about happiness, where it comes from, what happens when you lose it..."

"...will get people discussing the power of a positive attitude and happiness," says Mitchell, finishing his friend's sentence. "I'm hopeful this will start a trend of 'It's OK to be happy. It's cool.' Especially with this clowny, weird election going on."

Trolls the movie is as eye-popping as the psychedelic creatures that inspired it. Mitchell and Dohrn have made a movie that is possibly the weirdest and most colourful kid's entertainment since *H.R. Pufnstuf*. They had the freedom to do so because the beloved 1970s toy Trolls came with no backstory.

"That's what was cool about working on this," says Mitchell.

"Even though these Trolls had been around forever and ever, there was no story, no mythology to it, so Walt and I got to make a whole world. We could create a whole new world you've never seen before, create whole new characters."

They created a realm where the Trolls (voiced by Anna Kendrick, Justin Timberlake, Zooey Deschanel, Russell Brand, James Corden and Gwen Stefani) make a daring escape from the Troll Tree in Bergen Town. The Bergens are snaggletooth ogres, as miserable as the Trolls are joyful. True happiness for the glum townies only comes from eating Trolls, obviously a huge problem for our heroes.

"Walt and I are huge fans of old fairy tales," says Mitchell on the inclusion of the Troll-eating Bergens, "and those stories always had someone going down, having their heart taken out."

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Sorcery at the cinema

When Doctor Strange hits theatres, it will introduce Marvel's most mystical comic-book creation — the eponymous neurosurgeon-turned-super sorcerer. In celebration of the long-awaited big-screen adaptation, we conjured up a few of cinema's other sensational sorcerers.

STEVE GOW FOR METRO



1 DOCTOR STRANGE

Played by: Benedict Cumberbatch

Origin: More than 50 years after debuting in comic book form, physician Stephen Strange finally shows movie audiences how a tragic car accident propelled him to study the world of alternate dimensions and become a master sorcerer.

Special powers: Strange has an uncanny repertoire that includes everything from teleportation to thought projection and even time travel.

2 GANDALF

Played by: Ian McKellan

Origin: Perhaps the most iconic sorcerer in cinema, Lord of the Rings' Gandalf the Grey was sent to Middle-Earth to bring a bunch of stubby hobbits together to find and destroy a powerful ring.

Special powers: Guided by a walking staff that expedites various spells, he often uses it to cast illumination or blind his enemies. He's also been known to slam the staff down to ward off foes, famously crying out, "You shall not pass!"

3 BALTHAZAR BLAKE

Played by: Nicolas Cage

Origin: As one of Merlin's most gifted students, Blake searched for a century before reluctantly finding a pupil of his own — albeit a very awkward one — in 2010's *The Sorcerer's Apprentice*.

Special powers: Although he's proficient in sorcery, Blake's greatest skill may be an enduring patience in training an inept, clumsy physics geek in the guise of Jay Baruchel.

4 HARRY POTTER

Played by: Daniel Radcliffe

Origin: An orphan who learns he's a wizard by blood, Harry Potter sets out over eight movies to study sorcery at Hogwarts School in order to fulfil his destiny.

Special powers: Besides being a heck of a Quidditch player, Harry displays a fantastic flair for broomstick-flying and possesses the most powerful magical wand in the wizarding world.

5 WILLOW UFGOOD

Played by: Warwick Davis

Origin: More of a stargazer than a sorcerer, the title character from 1988's cult-classic *Willow* may be adept at sleight-of-hand magic but he aspires to become a sorcerer when he's forced on a quest to save a baby from an evil queen.

Special powers: Not many. While trying to transform an ally back into human-form, he fails several times, instead morphing her into everything from a goat to an ostrich.

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Hollywood banking on election escapism

FILM

If ever there was a cultural force politics can't dent, it's Marvel

"Cutting through the noise" is a phrase often uttered around Hollywood, where mammoth marketing budgets are routinely expended to reach moviegoers distracted by a million other entertainment options. But few things have ever generated as much "noise" as the current U.S. election.

Releasing a movie amid the cataclysmic clash between Hillary Clinton and Donald Trump — one that has dominated news cycles for months and led to debate viewership surpassing 80 million people — poses certain challenges.

One of the most noted attendees at the Los Angeles premiere of Disney's Doctor Strange (which bows days before voters make their way to the polls on Nov. 8) wasn't Benedict Cumberbatch or Rachel McAdams, but Ken Bone, the sweater-wearing debate standout. The election has consumed just about everything for much of 2016, and its intersections with the movies have been unpredictable and strange. Trump helped fuel the backlash against Paul Feig's female-led Ghostbuster remake, voicing his disgust for the gender switch on Instagram.

Johnny Depp earned some of his best reviews in years for his Trump role in the surprise Funny-Or-Die film *The Art of the Deal: The Movie*. And Mike Judge's cult



Kenneth Bone at the Doctor Strange premier.

THE ASSOCIATED PRESS

The premiere entertainment event right now is the election, and it's very difficult to compete with that.

Paul Dergarabedian, media analyst, comScore

2005 film *Idiocracy* — a futuristic vision of a curse-spewing former wrestler president — enjoyed newfound relevance.

The run-up to Election Day has, in the movies, at times felt downright patriotic. Tom Hanks (Sully) and Denzel Washington (The Magnificent Seven) — arguably America's most beloved big-screen heroes — have been regulars at the box office, as if their noble, indisputable presences might soothe an anxious and fractured nation. Hanks was back last weekend with the Dan Brown thriller *Inferno* after, as "America's Dad," he gave the country a pep talk on Saturday Night Live.

Hollywood is mostly banking on escapism ahead of the election. Given how tired many are of wall-to-wall election coverage by now, that may be a safe bet. Marvel's *Doctor Strange* will hit theatres right before Election Day, and if ever there was a cultural force that politics couldn't dent, it's Marvel. The film, which is drawing rave reviews, is expected to be one of the biggest hits of the fall.

And though a movie titled *Trolls* might sound fitting for this campaign season, the animation release is as far from the political fray as possible. Justin Timberlake and Anna Kendrick voice the long-haired dolls in the family-friendly release.

The other pre-election releases are more daringly timed. Before the country votes for the next president, it will cast judgment on Mel Gibson's comeback. His World War II tale *Hacksaw Ridge*, from Summit Entertainment, is his first directorial effort since 2006's *Apocalypto*.

Focus Features has promoted *Loving* with the most direct election overtones. The film is writer-director Jeff Nichols' true-life drama about the Virginia couple whose marriage led to the landmark Supreme Court ruling outlawing a state's right to ban interracial marriage. Focus has urged moviegoers to "vote *Loving*" and launched a website to "change the national conversation."

But capturing the nation's attention right now isn't so easy. The presidential race — characterized by constant scandal, radically opposed personalities and a daily stream of polls — has provided more drama than Hollywood could possibly concoct.

Whether it's because people

are glued to TV news or due to less appealing movie options, the fall season has been depressed at the box office. Before Tyler Perry's *Boo! A Madea Halloween* lifted grosses the last two weekends, most of the season's weekends have been down about 20 per cent from the year before.

THE ASSOCIATED PRESS



Donald Trump helped fuel the backlash against the female-led remake of Ghostbusters, voicing his disgust for the gender switch on Instagram. CONTRIBUTED

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Exploring Queen Elizabeth II's legacy

STREAMING

Netflix's The Crown breaks budget to retell royal history

Playing young Princess Margaret in Netflix's high-budget Royal Family saga *The Crown* carries with it a certain responsibility.

Vanessa Kirby wanted to ensure she got the part right, so she undertook a research marathon that spanned every scholarly text and salacious tabloid page-turner she could dig up on the Queen's sister.

"I have to say the (tabloid) one was particularly useful," Kirby admits.

"(They) got first-hand accounts from people that were in the rooms with her, from butlers to friends — they all come out of the woodwork eventually."

Stepping behind the closed doors of Buckingham Palace is the lure of *The Crown*, which debuts Friday on Netflix. The 10-episode first season of the series recounts the early years of Queen Elizabeth II, starting



Claire Foy, centre, and Matt Smith, right, in a scene from *The Crown*, premiering Friday. THE ASSOCIATED PRESS

with her wedding day in 1947.

Kirby says her self-assigned reading list helped her understand Princess Margaret's personality, but she eventually had to reckon with the divide between factual books and TV's

fictional tale.

"You think, 'Am I trying to be this person or trying to embody the spirit, soul and essence of them?'" she says.

Actor Jared Harris, former star of *Mad Men*, says playing

King George VI came with its own challenges. He decided to channel his own version of the man, rather than attempt to replicate history to a tee.

"All that research is intrinsically helpful as long as it fires the imagination," Harris says.

"My attitude to these things is you're not doing the real person, you're doing the writer's version."

The Crown was created and written by Peter Morgan, who previously won praise for bringing an even-handed humanity to the Royal Family in *The Queen*, the 2006 film that won Helen Mirren an Oscar in the title role.

Here Morgan gets a bigger canvas to explore the Royal Family and how its modern day legacy came to fruition.

The Crown is reportedly the most expensive Netflix original series produced to date. Sections of Buckingham Palace were painstakingly rebuilt inside England's production hub Elstree Studios, while location filming spanned the United Kingdom.

Producers scoured the region for the most cinematic country houses and old estates to substitute for famous places like the Queen's Sandringham Estate and Balmoral castle, the Royal Family's Scottish holiday home.

But Harris, who also starred as Prof. James Moriarty in the 2011 film *Sherlock Holmes: A Game of Shadows*, says with only so many historical spaces to film in, he sometimes felt a sense of déjà vu while shooting

The Crown on location.

One day, Harris realized he was standing in the same lavish space he tread years before as Moriarty, Holmes's famous adversary.

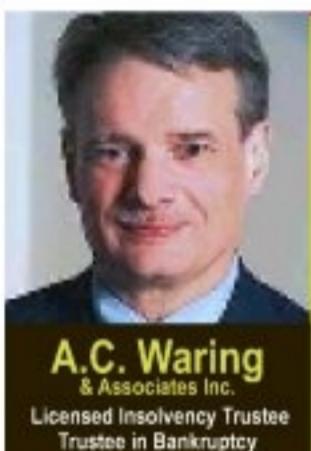
"I looked (around) and went — 'This is Moriarty's office!'" he laughed.

Diving into royal history left both actors with differing attitudes towards the public's obsession with the infamous family.

Harris ponders how the "mystery of the crown" keeps people entranced with every kernel of gossip. Kirby has taken a more vested interest in the fodder.

Before "I was apathetic," she says. "Now I'm completely obsessed with all their lives."

THE CANADIAN PRESS



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Meghan Markle, who plays Rachel Zane on *Suits*, says her new line for Reitmans is an "accessible version" of what she wears in character. CNW GROUP/REITMANS CANADA LTD.

Made for aspirational girls next door

FASHION

Suits TV star says line is extension of her own style

Antiquey cut-glass coupes appear magically at the leather-rimmed round booth in the SoHo house dining room, followed, also via invisible hands, by Champagne.

Meghan Markle, who plays paralegal-turned-law student Rachel Zane on the filmed-in-Toronto smash legal series *Suits*, is in a celebratory mood. She got big news on her way to this interview: she surfed past one million followers on Instagram earlier in the day.

This modern vote of popularity comes at a swell moment for California-girl Markle, who

pegged another milestone this past summer, turning 35. And on Thursday, Montreal-based Reitmans released her second fashion capsule collection.

"This is totally an extension of my personal style," she says, which she describes as, "aspirational girl next door."

She was "deeply and passionately involved in the design. I'm a brash American and if my name is going to be on something, I'm going to have my say."

The six-piece line is modelled after what she wears in real life. It is also "an accessible version" of the glamorous duds she wears in character.

It is cast in sophisticated shades and includes two cashmere ponchos (grey and white), snug skinny trousers and a sexy pencil skirt both in chamois-soft black vegan leather, silk blouses and a fitted black body-

suit that riffs on Donna Karan's revolutionary 1985 contribution to practicality and sleekness in women's workwear.

Every piece in the line is less than \$100. "These girls go into the store with their hard-earned money," she says, of the fans who made her first Reitmans dress collection this spring a virtual first-day sellout. "And I care about that. I was not a girl who grew up buying \$100 candles. I was the girl who ran out of gas on her way to an audition."

She wants to represent, she

says, "the girl I was when I was struggling to make it."

Her fans, many in the 15 to 22 female age group, have an encyclopedic grasp of what Rachel Zane wears onscreen.

"They will come up to me and say, 'Where do I get that blouse that Rachel was wearing when she first kissed Mike Ross?'" she says. "And I don't want to break their hearts. I remember that Rachel Comey backless blouse and believe me, I don't have that in my closet. Or the \$5,000 Tom Ford skirt! But I want to help

them find something like it they can afford."

Markle says she enjoys working with the costume team on set, and that you can tell what's happening on the show based on colours her character is wearing: white and blush for falling in love; a dour charcoal palette when her lover is imprisoned.

The "sexiness factor" is also something Markle worries about. "Yes, those pencil skirts on the show are fit within an exhale," she says, "but I fight to get that paired with a men's oversized shirt for balance."

"Rachel Zane is a very classy Upper East Side gal," says Markle, recalling the controversy early on in the series when a black actor (Wendell Pierce) was cast as her father. "There was a racist undercurrent," says the actor, who has written about her biracial identity.

"It was ugly online, upsetting, people saying, 'she's not black, I thought she was hot.'" She says she has been able to be "a fly on the wall," witnessing racially weighted comments, "because people can't immediately tell what my background is."

Today, the online trolls are policed by Markle's very own army of young female fans, who shame away the nasty comments before she sees them.

She says she is particularly pleased to work with Reitmans, which has a long-term commitment to a full range of sizes. People attack her for her own size, sometimes saying she is too thin, sometimes too curvy. She's having none of it. "I take very seriously being a role model for young women." And she "invites those who engage in body shaming to unfollow me."

TORSTAR NEWS SERVICE



I was the girl who ran out of gas on her way to an audition.

Meghan Markle

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K'naan faces backlash

HBO SERIES

Community conflicted over portrayal of young Somalis

For Somali-Canadian rapper K'naan, the story he is trying to tell in his proposed HBO series *Mogadishu, Minnesota* is one he has lived — an immigrant trying to adjust to life in America.

But the 39-year-old ran into vocal opposition from fellow Somalis as he prepared to film the series pilot in Minneapolis, home to the largest Somali community in the U.S. While K'naan envisions a family drama, critics worry the series will focus on young Somalis who have gone overseas to join terrorist groups — concerns raised by the series' original title *The Recruiters* and the involvement of Academy Award-winning director Kathryn Bigelow (*The Hurt Locker*).

"We don't want Muslims being stereotyped," K'naan says opponents tell him. "I say, 'Me, too. That's why I'm writing this.'

Filming of the show's pilot wrapped Friday after shooting at about 14 main locations in the Minneapolis area. K'naan, who lived in Minneapolis in his early 20s, said he wanted to shoot in a city he found "inherently cinematic."

Born in Somalia, K'naan came to the U.S. when he was 13 and lived in New York and then Toronto, where he spent his teenage years. He said he is "trying to tell a story that reorganizes in the public consciousness how they see Muslim Americans,"



Somali Canadian rapper K'naan recently wrapped up the pilot for his show *Mogadishu, Minnesota*, which he has proposed to HBO for a 10-episode series. THE ASSOCIATED PRESS

and wants to move away from stereotypes and tell a tale about "people's lives and how they really live them."

In a recent interview with The Associated Press he called Minneapolis "a new American experiment, a place where America is negotiating its differences and its commonalities."

"It's a new Ellis Island, in a way," said K'naan, who said he came up with the idea for the series — named after the capital of Somalia — about three years ago. "And I thought, what

a great place to set a story, to dispel the myth about Somalis and immigrant threats and Muslims in general."

While K'naan emphasizes the true-life aspects of his characters (Sameer, described by HBO as "the Somali All-American boy" planning to go to college, and his father, Afrah, a former professor in Somalia, now working at a rental car company in the U.S.), opponents worry that the show will focus on the recruitment of young, disaffected Somalis to join terrorist groups and stoke

Islamophobia.

More than 20 young Minnesota men have joined the militant group al-Shabab in Somalia since 2007, while about a dozen people have left to join militants in Syria. Nine Minnesota men are set to be sentenced later this month on terror charges for plotting to join the Daesh group.

Ayaan Dahir, 24, a student at the University of Minnesota, criticized the involvement of Bigelow, whose films include *Zero Dark Thirty*, about the hunt for Osama bin Laden.

"When the dust clears, we're the ones (who are) going to be left to pick up the pieces and continue to live here and be concerned about our safety," Dahir said.

But K'naan, who is making his directorial debut, insists the writing on *Mogadishu, Minnesota* is his alone, and that Bigelow is only an executive producer.

"This was my idea," said K'naan, who hopes the pilot leads to a 10-episode inaugural season.

K'naan has met some resistance in Minnesota's largest city. In September, K'naan had to cut short a free performance in the Cedar-Riverside neighbourhood — in the heart of Minneapolis' Somali community — when a protest over the upcoming pilot broke out. Police used a chemical irritant on the crowd and arrested two people.

But some Somalis who are fans of K'naan embrace the idea of a series on the premium channel showcasing Somali-Americans.

"I'm pretty proud of it," said Mahdi Mohamed, 51, of Minneapolis, who came to the U.S. in 1984. "All America can see it now." THE ASSOCIATED PRESS

DIVERSITY

TV is failing queer women: Report



Samira Wiley's character, Poussey Washington, had a violent death in prison on *Orange is the New Black*. JOJO WHILDEN/NETFLIX

TELEVISION

In 2005, gay rights advocacy organization GLAAD began examining other aspects of diversity in its *Where We Are on TV* report. Among this year's detailed findings:

■ **Characters with a disability** represented 1.7 per cent of all regularly seen broadcast characters, up from 0.9 per cent last season.

■ **African Americans** will be 20 per cent (180) of regularly seen characters on prime-time broadcast shows this season. But black women are underrepresented at 38 per cent of the total.

■ **Asian-Pacific Islander Americans** on broadcast TV hit six per cent, the highest tally found by GLAAD.

■ **Latin American** characters rose a point to eight per cent, equaling the highest representation found two seasons ago by GLAAD. THE ASSOCIATED PRESS

account for the majority of characters, 43 per cent, a far higher share than on broadcast or cable.

Cable series held steady with 142 regular and recurring LGBTQ characters, with a five per cent increase in the number of gay men, but a two per cent drop in the number of lesbian characters depicted.

The number of transgender characters in regular or recurring appearances on all platforms has more than doubled from last season, from seven to 16.

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Contact: Pauline John

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Phone: (403) 558-2169



Hillary Clinton and Donald Trump will both be in New York City on election night, forcing the attention of the world on the Big Apple. If you want to be in the centre of the action, here is Metro's look at the key spots to watch history — or infamy — in the making.



(POLITICAL) PARTY CENTRAL

Eva Kis
Metro | New York

After 18 endless months, Election 2016 all comes down to one night. If you don't want to sit at home with Twitter for this one, head to New York City, where both Hillary Clinton and Donald Trump will be Tuesday night, and get to a party as memorable as this campaign.



Political Party with Keli Goff
Find intelligent banter and cocktails at The Greene Space, where WNYC's Political Party host Keli Goff will gather some of her best informed, funny friends for a night of live commentary

and analysis. And because this is the smart, cool kids' party, there will be games like political bingo and trivia to score rad public radio swag.

\$20, 7 p.m., 44 Charlton St., thegreenspace.org

Headcount's Soundtrack to History

That ominous drumbeat that's been following us around for 18 months just won't do on Nov. 8. At Brooklyn Bowl, Everyone's Orchestra is bringing together nine of the city's most politically attuned musicians from bands like Big Gigantic and Disco Biscuits for a night-long jam session that "interprets" the results, which you can watch roll in on every screen at the venue.

\$25-\$250, 8 p.m., 61 Wythe Ave., Brooklyn, brooklynbowl.com

Election Night at Village Pourhouse

Like the closing minutes of an eBay auction, this election cycle has only gotten more intense the closer we get to the finish line. Take out your frustrations at Village Pourhouse by swinging at Trump or Clinton pinatas for a chance at prizes like a free tanning session (at least it won't turn you orange), plus take your own battle-royale pics in masks of both candidates. Specialty cocktails include the Donald Drumpf and Secret Server, all just \$8 from 8 to 11 p.m.

Free, 64 3rd Ave., villagepourhouse.com

Put it on ice

Wolf Blitzer's holograms have

nothing on The Rink at Rockefeller Center, which will become Democracy Plaza with a map of the U.S. projected onto the ice and painted with light as states turn blue or red for the candidates. Watch the action from a front-row seat inside the (heated) Rock Center Café, where TVs will also be showing the election coverage, with cocktails inspired by the candidate of your choice (plus the Undecided, all \$12) and a \$39 three-course prix-fixe campaign-themed dinner.

Free, 20 W. 50th St., rockcenter-cafe.com

Election Night at Professor Thom's

The candidates won't be the only ones winning on election night at Professor Thom's. Head upstairs for all the election action you can eat and

drink: Every time a state is called, the wheel of specials will spin to reward all in attendance with a new deal, like BOGO drinks and 25-cent wings.

Free, 219 Second Ave., professorthoms.com

Political Subversities

Between a hip-hop improv troupe, a social-justice comedian, a mentalist and the associate editor of Reductress, someone is bound to have an opinion on every moment of the night. This impromptu evening of fun at Littlefield brings together a lineup of unconventional observers to turn election night into the political party of the year. \$10-\$15, 7 p.m., 622 Degraw St., Brooklyn

Election 2016 Viewing Party: The Apocalypse!

We've certainly had our differences this campaign season, so set them aside at The Hill. Networking guru David Shapiro wants everyone to toast the end of the acrimonious campaign while meeting

some new people over good food, specials, an election-themed drinking game and raffle prizes in the bar's upstairs lounge. Insults will cost you a drink for the person you got snippy with, so be cool and enjoy specialty cocktails like The Combover after grabbing your free beer, wine or well drink included in the ticket price.

\$10, 416 3rd Ave., 7 p.m. to 12 a.m., eventbrite.com



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ENGLAND

Liverpool's independent scene comes together

Tamara Hinson
For *Torstar News Service*

There's no denying Liverpool One has everything you could want in a city. Liverpool's massive retail and entertainment complex has bars full of soccer players celebrating bulging pay packets, glossy department stores and packed nightclubs.

But dig a little deeper and you'll find a blossoming independent scene. It's one with less bearded, full-sleeved hipsters than similar scenes in other U.K. cities and more of a shout-it-out-loud passion for independent, grassroots enterprise.

And it's a scene which owes its success to friends David Williams and Oliver Press.

"The fourth Tesco and third Costa Coffee had opened within a square mile of where we lived," recalls Williams, a 25-year-old born-and-bred Liverpudlian. "We had to do something."

The pair started a blog about Liverpool's independent businesses, and, in 2013, they launched Independent Liverpool, where members sign up for an Independent Liverpool card that provides access to discounts at 100 (and growing) local, independent businesses.

"What we love about Liverpool's independent scene is that it's not pretentious," Williams explains. "It's exploded in the last five years and every week



In Liverpool, street art can be found on the walls and parking spaces alike. Top right: The Cavern Club is where the Beatles played some of their first shows and remains one of the most popular venues in the city. TAMARA HINSON/FOR METRO

there's something innovative happening. It's always been a city of rule breakers and risk takers, and this creates the perfect environment for an independent scene to thrive."

In the Baltic Triangle, Hipster-filled cafés squeeze alongside grimy warehouses (and I mean warehouses in the true sense — not ones converted into nightclubs or bars or coffee shops). But I found a few gems, including the Hobo Kiosk. I noticed this tiny second-hand store because of the wooden chair attached to the outside wall.

metres off the ground. Inside, I found haphazardly-stacked piles of rare teen annuals dating back to the '60s, lovingly polished vintage sweet tins and fantastically kitsch homeware.

Unlike the Baltic Triangle, the nearby Ropewalks area's ascension to coolness is definitely complete.

"The Ropewalks is Liverpool's independent mecca," Williams tells me. "It represents Liverpool's past, present and future and radiates the buzz of the city."

So-called because it was once home to the ropemakers whose

main business came from the ships calling in at Liverpool's docks, the area comprises several long, straight streets adjacent to each other. Legend states they were designed this way because the tradesmen needed to lay out their lengths of rope.

The streets are filled with independent businesses: galleries, bookshops and record stores. One of my favourites is Leaf on Bold Street. Inside the spacious, airy café, a huge light installation declares: "Where there's tea there's hope."

It's incredibly homely, with

frilly lampshades, enormous sofas and a menu listing 60 types of tea. Homemade cakes are displayed under ornate glass lids.

Other Ropewalks favourites include Rennie's Arts and Crafts, a 40-year-old art store where staff still tote up customers' bills on calculators, and Lucha Libre, a Mexican street-food restaurant where the food is authentic and delicious.

One afternoon, I take a shortcut and find myself staring at an enormous mural — a smiling woman rising up out of a fish-filled expanse of water. It

covers the entire side of a building which faces onto a car park.

But my companion then points out another piece of street art. Every single one of the car parking spaces has been personalized, with names — Earl, Betty, Bob and Iris, to name a few — painted neatly in bright white paint.

And while other city centres are all too often filled with identikit restaurants and bars, in Liverpool, even the pubs owned by larger companies have an independent streak.

One of the newest restaurants is the Old Blind School. The gastropub is housed in a building that dates back to 1791, once housed one of the U.K.'s first schools for the blind. Beyond the weathered stone façade is a beautiful wrought iron staircase, artfully exposed brickwork and sculptures of hands acting out sign language.

It's the perfect place to line my stomach prior to my last hurrah — a night at the famous Cavern Club, a Liverpool institution and the birthplace of the Beatles. The subterranean venue is hot and cramped, but the vibe is fantastic, and the Rolling Stones tribute act is going down a storm.

The lead singer, who prances across the stage — head jutting, limbs flailing — has obviously spent a huge amount of time studying Mick Jagger. At the end of his set, he spends five minutes doing star jumps on the spot. I don't remember this being one of Jagger's trademark moves, but then again, in Liverpool, things are rarely done by the book.

Tamara Hinson's trip was sponsored by Marketing Liverpool.



TRAVEL NOTES DUBAI'S LEGOLAND, YANGON'S HERITAGE AND CONCERT HALL FINALLY FERTIG

Legoland becomes first brick in Dubai's southern expansion

A massive complex of amusement parks planned in the southern desert of Dubai has opened its first park, a Legoland, complete with models of sheikhdom's architectural wonders. The city-state hopes to develop the desert on the road to Abu Dhabi ahead of hosting the 2020 World Expo. Dubai already has plans to one day handle over 200 million passengers a year at the nearby Al Maktoum International Airport.



THE ASSOCIATED PRESS

Group hopes to preserve heritage of Myanmar's biggest city

A Yangon historic-preservation group says Myanmar's largest city and commercial capital is facing its "last best chance" to save many crumbling architectural treasures dating back to the days when Myanmar was the British colony of Burma. The Yangon Heritage Trust recently proposed a heritage strategy for Yangon, outlining a vision for making the Southeast Asian city more livable, modern and affordable while preserving its unique landmarks.



ISTOCK

Spectacular new Hamburg concert hall completed

A spectacular new concert hall overlooking Hamburg's harbour has been completed, several years behind schedule and far over the original budget. The first concert is scheduled for Jan. 11. The Elbphilharmonie, with a wave-shaped roof and spectacular glass facades, was built on top of a former coffee warehouse jutting out into the harbour of Germany's second-biggest city. It's also home to a hotel.



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metro SPORTS

Anheuser-Busch is honouring legendary sportscaster Harry Caray, who died in 1998, with a video that has him calling the end of Game 7



Michael Grabner of the New York Rangers scores on Oilers goaltender Cam Talbot on Thursday night. BRUCE BENNETT/GETTY IMAGES

Oilers leak their way to third straight loss

NHL

Nash scores game-winning goal late in third period

Rick Nash scored the tie-breaking goal with 1:21 remaining to lead the New York Rangers to a 5-3 victory over the Western Conference-leading Edmonton Oilers on Thursday night.

Nick Holden fired a shot from the point that was blocked by Edmonton's Milan Lucic. Nash corralled the loose puck

THURSDAY In New York

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| 5 RANGERS | 3 OILERS |
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in front of the net and fired it past Oilers goalie Cam Talbot.

Kevin Hayes had a goal and two assists, Michael Grabner and J.T. Miller each had a goal and an assist, and Jesper Fast also scored for New York, which rallied from three one-goal deficits and won for the sixth time in seven games. Nick Holden had two assists and Henrik Lun-

dqvist stopped 21 shots.

Ryan Nugent-Hopkins, Patrick Maroon and Adam Larsson scored for the Oilers, who lost their third straight (0-2-1) after starting the season 7-1-0. Talbot made 26 saves in his first game against the Rangers since being traded to Edmonton on June 27, 2015.

Larsson put the Oilers ahead 3-2 at 8:49 of the third with a slap shot from the point for his first goal of the season. The defenceman was acquired from New Jersey in a trade for Taylor Hall in the off-season.

Fast tied it 42 seconds later as Brandon Pirri fired a shot from

the point and Fast, streaking across in front, tipped it past Talbot for his first of the season.

Miller's goal was scored into an empty net 17 seconds after Nash's winner.

Connor McDavid's assist on Nugent-Hopkins' goal gave the Oilers' 19-year-old captain at least a point against every NHL team he's faced other than Carolina. He has yet to play Boston, Chicago, Florida, Pittsburgh and Tampa Bay.

The Oilers visit the New York Islanders on Saturday night in the middle game of a five-game, eight-day trip.

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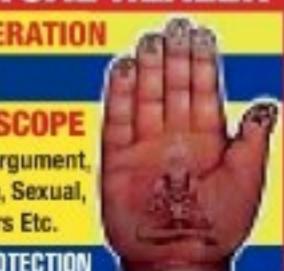
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RACECAR DRIVING

Canadian teenager promoted to F1

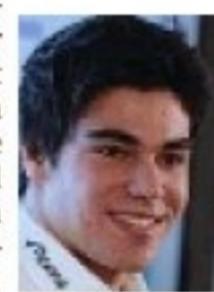
He doesn't yet have his regular road driver's licence, but 18-year-old Quebecer Lance Stroll was named Thursday to the Williams lineup for the 2017 FIA Formula One World Championship.

Stroll will be the youngest driver in F1 racing next year and the first Canadian on the grid since 1997 world champion Jacques Villeneuve left F1 a decade ago.

He will replace the retiring Felipe Massa to team up with Finnish driver Valtteri Bottas.

Stroll dominated this year's Formula Three championship, winning the series by more than 100 points.

"I want to look at it like I'm starting from zero again," Stroll



Lance Stroll

AFP/GETTY IMAGES

told reporters during a news conference in England. "What happened this year happened this year."

"I'm going to have to learn a lot of new things for next season. I'm a rookie; I'm going to make mistakes, going to learn in many areas and I'm looking forward to that."

Stroll, who becomes the sport's youngest driver since Max Verstappen made his debut last year at 17, said he would like to get his regular road permit before the first race of the season.

"When we're looking at choosing a race driver, he has everything," said Claire Williams, deputy team principal of Williams Formula One racing team. "He has the talent in the cockpit, he's intelligent, he gives great feedback to the engineers."

THE CANADIAN PRESS, WITH FILES
FROM THE ASSOCIATED PRESS

IN BRIEF

Sens edge scuffling Nucks

Mike Condon made 27 saves in his Ottawa debut as the Senators blanked the Vancouver Canucks 1-0 on Thursday.

Mike Hoffman scored the lone goal for the Senators (7-3-0).

The Canucks (4-6-1), who have now lost seven straight (0-6-1) and have been shut out in four of their last five games. THE ASSOCIATED PRESS

New anti-doping law in Russia targeting coaches

The Russian Parliament adopted an anti-doping bill Thursday that includes prison terms for coaches found guilty of coercing young athletes into using performance-enhancing drugs. THE ASSOCIATED PRESS

Raonic overcomes dropped first set for win in Paris

Fourth-seed Milos Raonic of Canada advanced to the quarter-finals of the Paris Masters after rallying past Pablo Cuevas 4-6, 6-1, 6-2 on Thursday.

Raonic will face Jo-Wilfried Tsonga in the next round. THE ASSOCIATED PRESS

Red Sox pick up Ortiz option

The Boston Red Sox have exercised their 2017 option on designated hitter David Ortiz "as a formality."

Ortiz spent the last season on a farewell tour after announcing that he would retire. But the team picked up the \$17.2-million option to retain his rights in case he changes his mind.

THE ASSOCIATED PRESS

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Plaintiff Turner had CTE: Autopsy

NFL

Concussion was reason athlete got Lou Gehrig's disease

Dozens of times since beginning their work on the brains of former football players, boxers and military members who suffered repeated blows to the head, researchers have announced their findings with slides of damaged tissue, strong words about the danger of concussions and perhaps a call for sports officials to take the issue more seriously.

At a Boston University medical conference on Thursday, doctors put a human touch on the often clinical diagnoses, announcing to a room stocked with family members of CTE casualties that former Patriots and Eagles fullback Kevin Turner — the lead plaintiff in the NFL's concussion lawsuit — also was a victim of the disease.



Kevin Turner

THE ASSOCIATED PRESS FILE

"There's people there, not just brains," Tamara Alan, executive director of the Kevin Turner Foundation, said as she choked back tears to thank the researchers for their work.

With Turner's parents in the crowd, neuropathologist Ann McKee said the former Alabama and NFL star had the most severe form of chronic traumatic encephalopathy, a traumatic brain disease linked to repeated hits to the head. CTE likely caused the Lou Gehrig's disease that killed

“
The severity of Mr. Turner's CTE was extraordinary.

Tamara Alan of the Kevin Turner Foundation

Turner in March at the age of 46, according to McKee.

"The severity of Mr. Turner's CTE was extraordinary and unprecedented for an athlete who died in his 40s," she said.

CTE has been linked to repeated brain trauma and diagnosed in hundreds of former football players. It can also cause symptoms of Lou Gehrig's disease, also known as amyotrophic lateral sclerosis, or ALS. Showing slides with evidence of both CTE and ALS in Turner's brain, McKee said that it's not possible to establish that the CTE caused Lou Gehrig's disease through an autopsy. "but this is the best circumstantial evidence we will ever get."

THE ASSOCIATED PRESS

NBA CAVALIERS EDGE CELTICS IN CLEVELAND

Canada's Tristan Thompson of the Cleveland Cavaliers dunks against Boston Celtics at Quicken Loans Arena, Ohio. The Cavs won the high-scoring game 128-122. DAVID LIAM KYLE/NBAE VIA GETTY IMAGES



IN BRIEF

Packers' Matthews close to a return from injury

Clay Matthews appears ready to return to the field for the Green Bay Packers after the linebacker sat out another game with a hamstring injury.

Matthews was just a spectator for last week's loss in Atlanta. The decision was made out of caution, especially given the Packers will play straight through the end of the regular season without a break following an early bye week. THE ASSOCIATED PRESS

EUROPA LEAGUE

United's woes roll on with Fenerbahce loss

Manchester United's attacking problems continued as it lost to Fenerbahce 2-1 in the Europa League on Thursday, leaving it at risk of a group-stage exit.

United beat Fenerbahce 4-1 at Old Trafford a fortnight ago, but arrived in Turkey after drawing with Burnley 0-0, during which it dominated and had 37 chances.

Again, Jose Mourinho's side failed to convert a glut of possession into goals, but this time it also struggled to create opportunities, although its attacking

intent increased briefly after Zlatan Ibrahimovic replaced the injured Paul Pogba half an hour in.

Moussa Sow put Fenerbahce in front after only 66 seconds with a stunning overhead kick from just inside the area, and Jermaine Lens doubled the Turkish side's lead with a magnificent free kick in the 59th, much to the delight of a raucous home crowd. De Gea hardly moved for it.

Wayne Rooney netted a late consolation, THE ASSOCIATED PRESS

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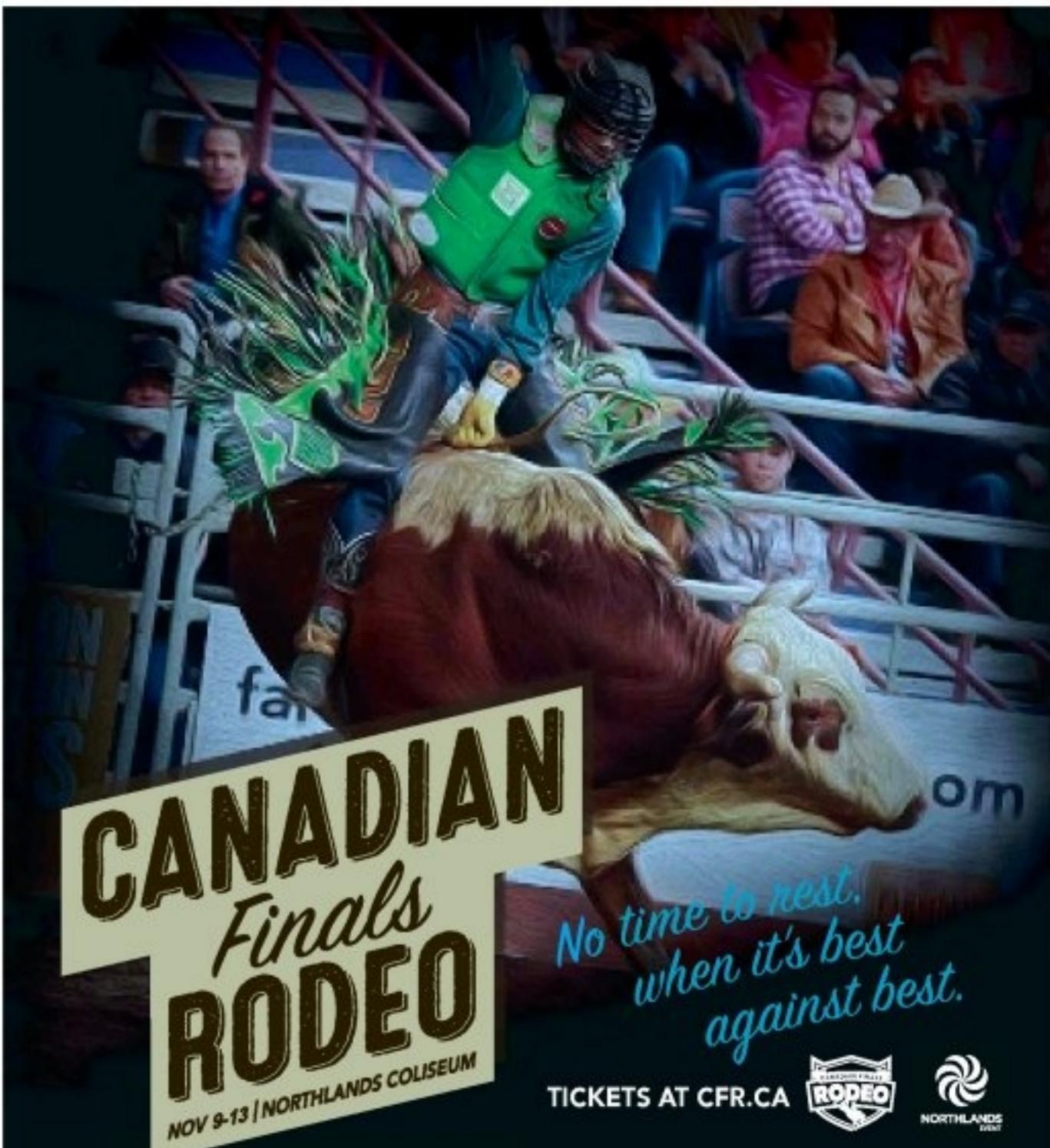
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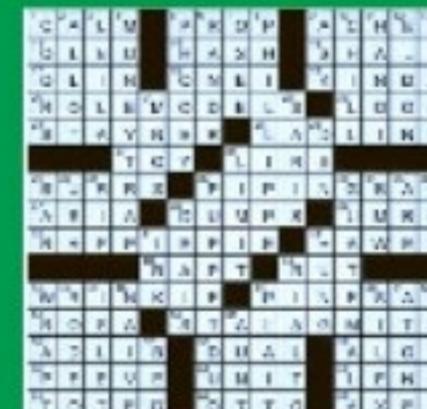


NORTHLANDS

YESTERDAY'S ANSWERS

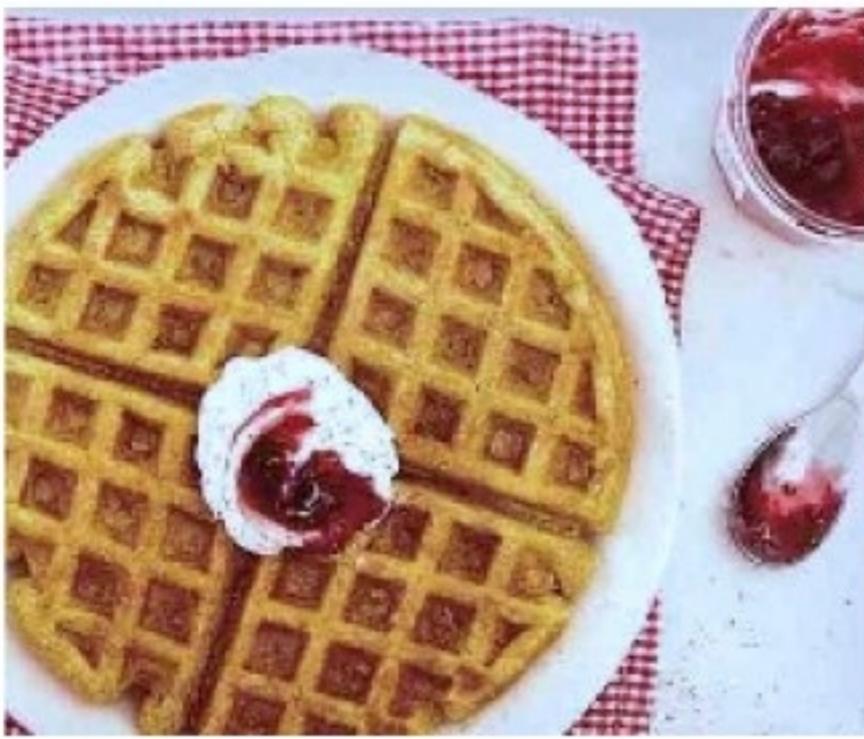
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RECIPE Pumpkin Cardamom Waffle



CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- 1. Put on __ (Become shirted)
- 5. "Cast Away" (2000) transport
- 9. Will __ (Ladner, British Columbia born actor ...more at #39-Across!)
- 14. Extinct bird
- 15. Folky Mr. Guthrie
- 16. More right-sounding
- 17. Seed covering
- 18. Circle meas.
- 19. Payment proofs, puny
- 20. Prime Minister William Lyon __ King (b.1874 - d.1950)
- 22. __ be expected... (No big surprises)
- 23. 'Lemon' suffix
- 24. Ms. Lake of showbiz
- 26. Prospector's lucrative discovery: 2 wds.
- 30. Alcove
- 34. "The Kid __ Tonite" by Loverboy
- 35. Susan Aglukark's __ Na Ho (Celebration)"
- 38. Nero's 152
- 39. 2012 comedy in which #9-Across' character was Curly: 3 wds.
- 42. 1896 A.E. Housman poem, __ Athlete Dying Young
- 43. L'__ aux Meadows (Newfoundland attraction)
- 44. Discharges
- 45. Pressure
- 47. Smokey sight
- 49. "Hallelujah" by

DOWN

- 1. Leonard __ (One more thing...)
- 52. Director Mr. Grosbard
- 53. Schmoes
- 56. "How's the agenda looking after this?": 2 wds.
- 61. Love poetry Muse
- 62. "Before __ you go..."
- 63. "Woe __!"
- 64. Clown in the opera Pagliacci
- 65. Roman ruler __ Bora
- 66. __ Highway
- 67. Commuter's payment
- 68. Smile
- 69. Cravings
- 70. Sketch star Gilda
- 71. Tucson, __
- 72. Decorative dash
- 73. Oscar-winner Marisa
- 74. Comics: Wolverine, for one
- 75. Bobby or Pam on "Dallas"
- 76. Vancouver Canuck, e.g.
- 77. The Blackhearts singer Joan
- 78. Slangy suffix to "Stink"
- 79. Grade
- 80. Prefix to 'ferous' (Conveying air)
- 81. 'Convul' suffix (Recuperate)
- 82. Money... Twenty = Two __
- 83. Informally dines

Ceri Marsh & Laura Keogh
For Metro Canada

You'll love the warm spice cardamom gives these pumpkin waffles, especially when it means you get breakfast for dinner.

Ready in 15 minutes

Prep time: 5 minutes
Cook time: 10 minutes

Serves 4

Ingredients

- 1 1/2 cups spelt flour
- 3 tsp baking powder
- 1/2 tsp salt
- 1/4 tsp ground cardamom
- 3/4 cup milk
- 1/2 cup buttermilk

- 2 eggs
- 2 Tbsp oil
- 1 Tbsp maple syrup
- 1/4 cup pumpkin purée

Directions

1. Preheat your waffle iron.
2. In a large mixing bowl, whisk flour, baking powder, salt and cardamom. Stir in milk, buttermilk, eggs, oil and maple syrup. Mix in pumpkin.
3. Coat waffle iron with oil or nonstick spray; repeat if necessary between batches. Follow the waffle iron's instructions for cooking.

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*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Surprise opportunities to travel will fall in your lap today. Act fast, because this window of opportunity is brief.

Taurus April 21 - May 21
Today you can benefit from the wealth and resources of others. If someone offers you something like a gift or a favor — take it. You deserve it.

Gemini May 22 - June 21
Someone close to you might make an unusual suggestion to do something different. Why not say "yes"? You are a curious sign and love to learn anything new and unusual.

Cancer June 22 - July 23
Unexpected praise or a raise might delight you at work today. Something positive will happen. Be prepared to act on it.

Leo July 24 - Aug. 23
Surprise invitations to social events will please you today. Likewise, an unexpected flirtation could make your heart go pitter-patter.

Virgo Aug. 24 - Sept. 23
Surprise company might drop by today. Or you might spontaneously decide to entertain at home. Be on the lookout for unexpected real-estate opportunities.

Libra Sept. 24 - Oct. 23
Spontaneous short trips and chances to see new places and meet new faces will please you today. One thing is certain — it's not a boring day!

Scorpio Oct. 24 - Nov. 22
Unexpected opportunities to boost your income exist today. This might be a new job or ways to make money on the side. You also might buy something for yourself that is artistic, modern or high tech.

Sagittarius Nov. 23 - Dec. 21
Because this is a good time to shop for wardrobe items, you might suddenly discover something you really like. Likewise, a social invitation will please you. T

Capricorn Dec. 22 - Jan. 20
Something hidden or behind the scenes will please you today. It will be like a treat that you did not expect to encounter. You'll feel younger and excited.

Aquarius Jan. 21 - Feb. 19
A friend will do or say something that catches you off guard today, but you will like it. Some of you will meet someone new.

Pisces Feb. 20 - March 20
You might develop a crush on your boss today. Or possibly, someone in authority will say something positive about you. This is a good day to ask for permission for something unusual.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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